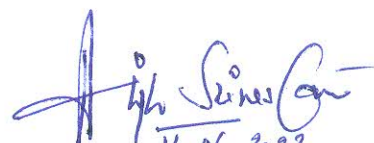


2

Syllabus
For
Bachelor of Arts Programme
In
Home Science
Under
Choice Based Credit System (CBCS)
(2023-24 onwards)
Of
NEW EDUCATION POLICY, 2020

Kumkum Kumari
14-06-2023


14.06.2023

Manjudevi Kumari Sinner
14.06.2023

HOME SCIENCE

(A) Major Core Courses

Sl. No.	Sem	Type of Course	Name of Course	Credits	Marks
1.	I	MJC-1	Food and Nutrition (Theory)	4	100
			Foods and Nutrition (Practical)	2	100
2.	II	MJC-2	Fundamentals of Human Development (theory)	4	100
			Fundamentals of Human Development (Practical))	2	100

B. Minor Courses to be offered by the Department for students of other Departments of Social Science

Sl. No.	Sem	Type of Course	Name of Course	Credits	Marks
1.	I	MIC-1	Food and Nutrition (Theory)	2	100
			Food and Nutrition (Practical)	1	100
2.	II	MIC-2	Fundamentals of Human Development (Theory)	2	100
			Fundamentals of Human Development (Practical)	1	100

C. Multidisciplinary Courses to be offered

Sl. No.	Sem	Type of Course	Name of Course	Credits	Marks
1.	I	MDC-1	NGO Management	3	100
			(Theory = 1 credit & practical = 2 credits)		
2.	II	MDC-2	Basics of Interior Design and Hospitality Management	3	100

Manju Kumari Singh
14.06.2023

H. S. Singh
14.06.2023

Kumkum Kumari
14.06.2023

SEMESTER – I

MJC-1

Food and Nutrition

Course Outcomes:

CO1: Understand the relationship between food, nutrition and health

CO2: Understand the role and functions of nutrients, its composition, requirements and the effect of deficiency and excess

CO3: Understand the concept of an adequate diet and the importance of meal planning

CO4: Describe different methods of cooking and its impact on the stability of nutrients.

MJC-1 Food and Nutrition		
(Theory: 4 Credits)		
Unit	Topics to be covered	No. of Lectures
I	Introduction to Food and Nutrition - Definition and terms used in Food and Nutrition - Functions of food - Concept of Balanced Diet - Malnutrition:- Types, causes, symptoms and treatment - Meal planning–steps in meal planning, factors affecting meal planning for a family - Food Exchange list, Food pyramids	6
II	Basic concepts, classification, composition, nutritive value and role in cookery of different food groups. - Cereals and Cereal Products - Pulses and Legumes - Fruits and Vegetables - Salt, Sugar and Jaggery - Nuts, Oils and Oil seeds - Milk and Milk Products - Eggs, Meat, poultry and fish - Spices and Condiments -Importance and functional properties	12
III	Macronutrients Definition, classification, dietary Sources, functions, Recommended Dietary Allowances, clinical signs and symptoms of Deficiency diseases and Excess of - Carbohydrates - Proteins - Lipids - Water	10

High Singh
14-06-2023

Harjinder Kaur
14-06-2023

Kamlesh Kumari
14-06-2023

IV	Micro nutrients Minerals Classification, Sources, functions and deficiency of Calcium, Phosphorus, Magnesium, Sodium, Potassium, Selenium, Iron, Zinc, Iodine, Copper Vitamins Classifications, functions, sources, requirement ,clinical signs and symptoms and deficiency of: -Fat Soluble Vitamins - A, D, E and K - Water Soluble Vitamins-B Complex Vitamins- Thiamine, Riboflavin, Niacin, Pyridoxine, Folic acid, Cyanocobalamin and Vitamin C	08
V	Methods of Cooking Types, Advantages and disadvantages of cooking methods (i) Moist heat methods –boiling, simmering, steaming, & Pressure cooking (ii) Dry heat methods – baking. Microwave (iii) Fat as a medium for Coking-shallow and deep fat frying	04
	Total	40

Reading List:

- Bamji, MS., Krishnasamy, K., Brahmam ,G.N.V. (2012). Text Book of Human Nutrition, 3rd Edition, Oxford and IBH Publishing Co. P. Ltd., New Delhi.
- Longvah, T., Ananthan, R., Bhaskarachary, K., Venkaiah, K. (2017). Indian Food Composition Tables (IFCT), Indian Council of Medical Research, National Institute of Nutrition, Hyderabad.
- Maney, S. (2008). Foods, Facts and Principles, 3rd Edition Published by Wiley Eastern, New Delhi.
- aina, U., Kashyap, S., Narula, V., Thomas S, Suvira., VirS., Chopra, S. (2010). Basic Food Preparation: A Complete Manual, 4th Edition, Orient Black Swan Ltd, Mumbai.
- Srilakshmi, B. (2017). Nutrition Science, New Age International (P) Ltd., New Delhi.
- Sunetra, Roday. (2017). Food Science and Nutrition, Oxford University Press, New Delhi.
- Usha, Chandrasekhar. (2002). Food Science and Application in Indian Cookery, Phoenix Publishing House P. Ltd., New Delhi.

High Sienu
14.06.2023

Manju Kumari Sarda
14.06.2023

Kumkum Kumari
14-06-2023

MJC I Foods and Nutrition Practical: 2 Credits	No. of classes
1. Basic Cooking skills Weights and measures - standard and household measures for raw and cooked foods. 2. Preparation of various dishes using different methods of cooking - Boiling/steaming - Roasting - Frying-Deep/shallow - Pressure cooking 3. Food Preparation, understanding the principles involved, nutritional quality of commonly consumed recipes in each food group - Cereals: rice, roti, paratha, poori, pastas etc - Pulses: Whole, dehusked- Dal, sambar, Chole, etc - Vegetables: Dry preparations, Curries - Milk and milk products: Kheer , Custard, - Meat, fish and poultry preparations - Egg preparations: Boiled, poached, fried, omelette 4. Different styles of cutting fruits and vegetables - Salad Decoration/Dressing - Table setting, Napkin Folding	40

REFERENCES

- Srilakshmi B, (2007), Dietetics. New Age International publishers. New Delhi
- Srilakshmi B, (2002), Nutrition Science. New Age International publishers. New Delhi
- Swaminathan M. (2002), Advanced text book on food and Nutrition. Volume I. Bappco.
- Gopalan. C., RamaSastry B.V., and S. C. Balasubramanian (2009), Nutritive value of Indian Foods. NIN. ICMR. Hyderabad.
- Mudambi S R and Rajagopal MV, (2008), Fundamentals of Foods, Nutrition & diet therapy by New Age International Publishers, New Delhi

Handwritten signature: Hanjudevmani Sinha
14.06.2023

Handwritten signature: Kumkum Kumari
14-06-2023

SEMESTER – II
MJC- 2 Fundamentals of Human Development

Course Outcomes:

- CO1:** Explain the need and importance of studying human growth and development
CO2: Identify the biological and environmental factors affecting human development
CO3: Describe the characteristics, needs and developmental tasks of different stages in the human life cycle.

MJC-2 Fundamentals of Human Development		
(Theory: 4 credits)		
Unit	Topics to be covered	No. of Lectures
I	Introduction to Human Development • Concept and History of Human Development • Scope of Child Development • Principles of Growth and Development. • Concept of heredity and environment. Factors affecting heredity and environment in development.	08
II	Prenatal Development, Birth Process and care in Infancy: • Prenatal Development – stages, factors affecting, diagnostics techniques. • Birth Process - Stages of birth Process, Types of delivery • Immediate care of newborn, types of feeding - natural and artificial, weaning, immunization schedule, Common childhood illness	08
III	Development during Infancy (0-1 year): • Physical development • Motor development • Social development • Emotional development • Cognitive Development • Language development	08
IV	Development in Early Childhood Period (3 - 6 Years) • Physical development • Motor development • Social development • Emotional development • Cognitive Development • Language development	08
V	Late Childhood period (6-12 Years) • Physical development • Motor development • Social development • Emotional development • Cognitive Development • Language development	08
Total		40

High Score
14.06.2023

Manjika Kumbhar
14.06.2023

Kumkum Kumbhar

Suggested Readings:

- Berk, L.E. (2005). Child development (5th ed.). New Delhi: Prentice Hall.
- Bhangaokar, R., & Kapadia, S. (in press). Human Development Research in India: Ahistorical overview. In G. Misra (Ed.), Hundred years of Psychology in India. New Delhi: Springer.
- Feldman, R., & Babu, N. (2009). Discovering the life span. New Delhi: Pearson
- Kakar, S. (1998). The inner world. Psychoanalytic study of childhood and society in India. Delhi: Oxford University Press.
- Kapadia, S. (2011). Psychology and human development in India. Country paper. International Society for the Study of Behavioral Development Bulletin Number 2, Serial No. 60, pp.37-42.
- Keenan, T., Evans, S., & Crowley, K. (2016). An introduction to child development. Sage.
- Lightfoot, C., Cole, M., & Cole, S. (2012). The development of children (7th ed.). New York: Worth Publishers.
- Santrock, J. (2017). A topical approach to life span development (9th ed.). New NY: McGraw-Hill Higher Education.
- Singh, A. (2015). Foundations of Human Development: A life span approach. ND: Orient Black Swan.
- Walsh, B.A., Deflorio, L., Burnham, M. M., & Weiser, D.A. (2017). Introduction to human Development and Family Studies. NY: Routledge.

MJC – 2 (P) Fundamentals of Human Development	No. of classes
Practical: 2 Credits	
Practical: 1. Preparation of an album on growth chart of 0-12 months baby. 2. Study of children's (0-3 years) clothes, play materials and books.	40

Dr. Suresh Chandra
14.06.2023

Manjushree Kumari
14.06.2023

Kumkum Kumari
14-06-2023

SEMESTER – I

MIC-1

Food and Nutrition

Course Outcomes:

CO1: Obtain knowledge on food groups and its nutritional composition

CO2: Understand the concept of balanced diets and meal planning

CO3: Understand the role and functions of nutrients, its composition, requirements and the effect of Deficiency and excess

CO4: Describe different methods of cooking and ways to prevent nutrient losses.

MIC-1 Food and Nutrition		
Theory: 2 credits		
Unit	Topics to be covered	No. of Lectures
I	Introduction to Food and Nutrition - Definition and terms used in Food and Nutrition - Functions of food - Food pyramids - Concept of balanced diet - Malnutrition:- Types, causes, symptoms and treatment . - Meal planning–steps in meal planning, factors affecting meal planning for a family	6
II	Basic Concepts, classification, composition and nutritive value of different Food Groups: - - Cereals and cereal products - Pulses and legumes - Fruits and vegetables - Salt, sugar and jaggery - Nuts, oils and oil seeds - Milk and milk products - Eggs, meat, poultry and fish - Spices and condiments -importance and functional properties	6
III	Definition, classification, dietary sources, functions, clinical signs and symptoms of deficiency diseases and excess of: - Macronutrients (Carbohydrate, Protein & Fat) - Micro nutrients (Minerals and Vitamins) - Water and fibre	6
IV	Types, advantages and disadvantages of Cooking methods. 1 Moist heat methods –boiling, simmering, steaming, and Pressure cooking 2 Dry heat methods – baking. Microwave 3 Fat as a medium for Coking-shallow and deep fat frying	2
Total		20

High Science
14.06.2023.

Manjinder Kaur
14.06.2023

hummam humari
14-06-2023

Reading List:

- Bamji, MS., Krishnasamy, K., Brahman, G.N.V. (2012). Text Book of Human Nutrition, 3rd Edition, Oxford and IBH Publishing Co. P. Ltd., New Delhi.
- Longvah, T., Ananthan, R., Bhaskarachary, K., Venkaiah, K. (2017). Indian Food Composition Tables (IFCT), Indian Council of Medical Research, National Institute of Nutrition, Hyderabad.
- Maney, S. (2008). Foods, Facts and Principles, 3rd Edition Published by Wiley Eastern, New Delhi.
- aina, U., Kashyap, S., Narula, V., Thomas S, Suvira., VirS., Chopra, S. (2010). Basic Food Preparation: A Complete Manual, 4th Edition, Orient Black Swan Ltd, Mumbai.
- Srilakshmi, B. (2017). Nutrition Science, New Age International (P) Ltd., New Delhi.
- Sunetra, Roday. (2017). Food Science and Nutrition, Oxford University Press, New Delhi.
- Usha, Chandrasekhar. (2002). Food Science and Application in Indian Cookery, Phoenix Publishing House P. Ltd., New Delhi.

MICI	Foods and Nutrition Practical: 1 Credit	No. of classes
1	Basic Cooking skills Weights and measures - standard and household measures for raw and cooked foods.	20
2	Preparation of various dishes using different cooking methods from different food groups	
3	Table setting	

REFERENCES

- Srilakshmi B, (2007), Dietetics. New Age International publishers. New Delhi
- Srilakshmi B, (2002), Nutrition Science. New Age International publishers. New Delhi
- Swaminathan M. (2002), Advanced text book on food and Nutrition. Volume I. Bapco.
- Gopalan.C., Rama Sastry B. V., and S.C. Balasubramanian (2009), Nutritive value of Indian Foods. NIN. ICMR. Hyderabad.
- Mudambi S R and Rajagopal M V, (2008), Fundamentals of Foods, Nutrition & diet therapy by New Age International Publishers, New Delhi

High Sign
14.06.2023

Manju Kumarigade

Kumkum Kumar
14-06-2023

SEMESTER – II

MIC-2

Fundamentals of Human Development

Course Outcomes:

CO1: Explain the need and importance of studying human growth and development

CO2: Identify the biological and environmental factors affecting human development

CO3: Describe the characteristics, needs and developmental tasks of different stages in the human life cycle.

MIC- 2 Fundamentals of Human Development		
(Theory: 3 credits)		
Unit	Topics to be covered	No. of lectures
I	Introduction to Human Development • Concept and history of human development. • Principles of growth and development. • Concept of heredity and environment. Factors affecting heredity and environment in development.	08
II	Prenatal Development, Birth process and care in Infancy: • Prenatal development – stages, factors affecting, diagnostics techniques. • Birth process - stages of birth process, Types of delivery • Immediate care of newborn, types of feeding - natural and artificial, weaning, immunization schedule, common childhood illness	12
III	Development during Infancy (0-1 year): • Physical development • Motor development • Social development • Emotional development • Cognitive Development • Language development	10
Total		30

Suggested Readings:

- Berk, L.E. (2005). Child development (5th ed.). New Delhi: Prentice Hall.
- Bhangaokar, R., & Kapadia, S. (in press). Human Development Research in India: Ahistorical overview. In G. Misra (Ed.), Hundred years of Psychology in India. NewDelhi: Springer.
- Feldman, R., & Babu, N. (2009). Discovering the life span. New Delhi: Pearson
- Kakar, S. (1998). The inner world. Psychoanalytic study of childhood and society in India. Delhi: Oxford University Press.

Kumkum kumari
14-06-2023

High School
14-06-2023

Manjudevi Sankar
14-06-2023

- Kapadia, S. (2011). Psychology and human development in India. Country paper. International Society for the Study of Behavioral Development Bulletin Number 2, Serial No. 60, pp.37-42.
- Keenan, T., Evans, S., & Crowley, K. (2016). An introduction to child development. Sage.
- Lightfoot, C., Cole, M., & Cole, S. (2012). The development of children (7th ed.). New York: Worth Publishers.
- Santrock, J. (2017). A topical approach to life span development (9th ed.). New NY.: McGraw-Hill Higher Education.

Hip Suresh G
14.06.2023

Manjushree Kumari
14.06.2023

Kumkum Kumari
14-06-2023

SEMESTER -1
MDC -1 NGO Management

Course Outcomes:

CO1: Describe and represent concept of NGO

CO2: Illustrate Start up of NGO

CO3: Know management of NGO and learn the importance of resource mobilization and documentation

CO4: Write proposal and know the art of planning, implementing and evaluating strategy.

NGO Management (Theory: 1credit + Practical 2 credits)		
Unit	Topics to be covered	No. of classes
1	Concept of NGO: Meaning of NGO and GO, Difference between Government Organizations and NGO, Characteristics of good NGO, Structure of NGO, Functions of NGO, Advantages of NGO	04
2	Starting of NGO: Steps for starting NGO, Registration of NGO, Selection of Personnel, Training of Personnel, Identifying Funding agencies, Resource Mobilization.	03
3	Problems of NGO: Training, Recruitment, Funding, Resource Mobilization, Documentation	03
	Practical: Proposal writing under NGO Planning, implementation and Evaluation strategy under NGO, Documentation, PR in NGO. Visit to an existing NGO and prepare a report about the functioning of the NGO	20
	TOTAL	30

Reading List

1. S. Chandra, (2003). Guidelines for NGO Management in India. Kanishka Distributors, New Delhi
2. D. Lewis, (2001). Management of Non Governmental Development Organization, 2nd Edition. Routledge, Newyork.
3. A. Abraham, (2003). Formation and Management of NGOs, 3rd Edition. Universal Law Publishing Co. Pvt Ltd., New Delhi.

Manju Kumar Sarda
14.06.2023

Kum Kum Kumar
14-06-2023

High Sign G
14.06.2023

SEMESTER -II

MDC -II

Basics of Interior Design and Hospitality Management

Course Outcomes:

- CO1:** Understand the objectives of design and recognize the elements and principles of design and their applications.
- CO2:** Demonstrate competency in interior designing.
- CO3:** Understand the significance of hospitality industry.
- CO4:** Demonstrate competency in the use of design fundamentals as principal tools in establishing design criteria and developing the overall design process.

MDC- II Basics of Interior Design and Hospitality Management (Theory: 3 credits)		
Unit	Topics to be covered	No. of hours
1	Introduction to foundation of art and design: Objectives of design - Beauty, Functionalism and Expressiveness; Types of Design - Structural and decorative (Naturalistic, stylized, abstract and geometric); Modern and traditional design	08
2	Introduction to Elements and Principles of Design: Elements of design - Line, Shape and form, Space, Pattern, Texture, Light, Color; Principles of design - Balance, Harmony, Scale, Proportion, Rhythm, Emphasis	08
3	Introduction to components of Interior Design: Surface in Interior - wall finishes, floor finishes, ceiling finishes; Types of Furniture and furnishings; Flower arrangements	08
4	Introduction to Hospitality Industry: Importance & functions of housekeeping department in hospitality industry; Functions and management of Food Service Department	06
	TOTAL	30

Practical Record: A Project File

Reading List

1. Andrews, S., (1982). Hotel Front Office Training Manual. Tata McGraw Hill Publishing Co. Ltd, New Delhi.
2. Andrews, S. (2000). Food and Beverage Management. Tata McGraw Hill Publishing Co. Ltd, New Delhi.
3. A. K. Bhatia, (1983). Tourism Development: Principles and Practices, 2nd Edition. Stealing Publishing Co., (Unit I-VII, IX), New Delhi.
4. Andrew, Sudhir (1985). Hotel Housekeeping - Training Manual. Tata McGraw-Hill Publishing Co. Ltd., New Delhi.
5. Botter and Lockart (1961). Design for you. John Willey & Sons Inc., New York.
6. Bhatt, Pranav and Goenka, Shanita (1990). The Foundation of Art and Design. Lakhani book Depot, Bombay.
7. Duncan, Miller (1949). Interior Decoration. London, The Publications, New York

Kumkum Kumari
14-06-2023

Manjudevi Sankar
14.06.2023

14.06.2023

8. Faulkner, Sarah and Faulkner, Ray (1960). Inside Today's Homes. Holt Rinchart and Winston Inc., New York.
9. Goldstein, H. and Goldstein, V. (1967). Art in Everyday Life. Oxford & IBH Publishing Co., New Delhi
10. Gravas, Maitland (1951). The art of Color and Design (2nd Edition). McGraw Hill books Comp. Ltd., New York.
11. Halse, Alvert O., (1978). The Use of Color in Interior (2nd Ed.). McGraw Hill books Comp. Ltd., New York.
12. Rutt, Anna Hong, (1949). Home Furnishing. John Willey and Sons Inc., New York.
13. Gandotra, V., Shukul, M. and Jaiswal, N., (2010). Introduction to Interior Design and Decoration. Dominant Publishers and Distributors, Delhi.
14. Seetharaman, P, and Pannu, P., (2005). Interior Design & Decoration. CBS Publishers & Distribution, New Delhi.

Kumkum Kumari
14-06-2023

H. P. Singh
14/06/2023

Manju Kumbhar
14/06/2023

Examination Pattern

CIA	-	30 marks
ESE	-	70 marks

The question paper pattern of End Semester Examination (ESE) shall consists of three parts-

Part A –Compulsory – consisting of objective/multiple choice type-
each carrying two marks $10 \times 02 = 20$ marks

Part B –Short Answer Type-Four questions to be answered out of six
questions-each carrying two marks $04 \times 05 = 20$ marks

Part C –Long Answer Type- Three questions to be answered out of
Five questions- each carrying two marks $03 \times 10 = 30$ marks

The above pattern shall be followed in each paper.

Mumtaz Mumtaz
14-06-2023

H. S. Saini
14.06.2023